

(TMI Newsletter – July 25, 2012)

## **FREQUENTLY ASKED QUESTIONS ABOUT OUT-OF-BODY EXPERIENCES**

— from *The Monroe Institute®* and Bob Monroe's writings:



**Bob's bust and message on the mantle of the fireplace in his cabin**

### **Can anyone go out of body?**

After specific psychological and philosophical preparation, we believe that anyone can indeed consciously move into the out-of-body state. All it takes is the desire to do it and practice. Studies show that 25 per cent of our adult population remembers having at least one spontaneous out-of-body experience.

### **If you dream about flying, is this an out-of-body experience?**

In many cases the flying dream, with or without an airplane, can be a rationalization of an out-of-body experience which is unacceptable to the belief system of the conscious mind of the dreamer. Also, a dream about falling often becomes a re-entry into the physical world.

### **Are there animals in the out-of-body state?**

Yes, Bob Monroe encountered three cats sitting relaxed and observant. Greeting them, He found they were his favorite household cats who had died physically during the previous three years.

### **Will the special sound technology offered by The Monroe Institute induce the out-of-body state?**

It would be very rare, if at all. Certain other factors must be approached first — the fear barrier and reappraisal of the belief system, among others.

**Can an out-of-body experience be induced by hypnosis?**

There are reports of this, and it may be possible. We have no direct experience with hypnosis.

**Do drugs help induce an out-of-body experience?**

There is some data to indicate that hallucinogens may be producing an uncontrolled out-of-body experience, but the drug experience has not been studied in depth as to this possibility. There is some support to the concept that anesthetics are no more than chemical triggers to produce deep out-of-body states, or unconsciousness.

**Does alcohol help to bring on an out-of-body experience?**

Alcohol is a depressant and tends to inhibit conscious out-of-body experiences — or at least the memory of having one.

**Is the out-of-body experience similar to the near-death experience?**

It is very similar. If you make allowances for the cultural connotation of near-death and the uncontrolled action-reaction due to the high stress of the moment, they appear to be one and the same.

**Is it easier to go to a place or person while out-of-body?**

Usually it is easier to go to a person, especially to someone who is close to you emotionally. But the out-of-body practitioner soon loses interest in the "local" environment and is attracted elsewhere.

**Do certain foods or smoking aid or inhibit out-of-body experiences?**

There is no direct correlation either way, based solely upon those laboratory subjects and program participants active with The Monroe Institute. We are not aware of any reliable in-depth studies on the matter. Moderation may be the common factor.

**Are weather, moon phase, lying north-south important in achieving the out-of-body experience?**

We have no hard data to support the premise that any of these have a significant effect on the out-of-body experience.

**Is there a program at The Monroe Institute that focuses on the out-of-body experience?**

Yes, it's called the *Out of Body Exploration Intensive*.